



# *Aurora's Comfort Cookbook*

COMFORT FOOD RECIPES  
SHARED FROM THE  
HEARTS & HOMES OF THE  
AURORA COMMUNITY





# Aurora's Comfort Cookbook

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**Thank you to those who provided delicious recipes to be shared with our community. It is our hope that your kitchens, homes and hearts are filled with delicious foods that bring you comfort and warmth this winter season.**

**Share your cooking successes with us on social media by tagging @TownOfAurora and using the hashtag #AuroraCookbook**

**From our kitchen to yours, we wish you a safe, warm, and comforted winter.**

**From, the Town of Aurora Recreation Division**

# Best Ever Banana Muffins

Submitted by: Cindy K.

## Why does this recipe bring you comfort or hold meaning to you/your family?

Do you hate to throw out those dark, over ripe bananas? Never again! Throw them in the freezer until you're ready to bake these easy and delicious muffins. I often baked these muffins for my kids before school and supplied to many of the neighbourhood and carpool kids as well.

## Ingredient List

- 1 ½ cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- ¾ cup white or brown sugar
- 3 mashed over ripe bananas
- 1 large egg room temperature
- 1/3 cup melted butter
- ½ cup chocolate chips (Optional)
- ½ chopped walnuts or pecans (Optional)

## Instructions

1. Preheat oven to 375 degrees Fahrenheit
2. Line muffin tin with large muffin liners, recipe makes 12 regular sized muffins
3. Mix flour, baking soda, and salt in a bowl. Add chocolate chips and or nuts if using
4. Combine remaining ingredients in a large bowl
5. Slowly stir in dry ingredients until combined, be sure to not overmix
6. Bake for 20 minutes or until toothpick comes out clean



# Blueberry Crumble - Paleo Style

Submitted by: Alison E.

## Why does this recipe bring you comfort or hold meaning to you/your family?

Just the right amount of sweetness and fat.

## Ingredient List

- 2 pints of fresh or frozen blueberries
- Juice of 1lemon
- 1 cup of almond meal / almond flour
- ¼ cup of melted butter or coconut oil
- 2 Tbsps. of maple syrup
- ¼ tsp. cinnamon
- 2 pinches of sea salt

## Instructions

1. Preheat oven to 375 degrees Fahrenheit
2. Place the blueberries in a 9 inch x 9 inch baking dish, and squeeze the juice from half of the lemon over them. Toss slightly to coat the blueberries with the juice.
3. In a mixing bowl, combine the almond meal / almond flour, melted butter, remaining lemon juice, maple syrup, cinnamon and sea salt.
4. Spread the topping evenly over the blueberries, and bake until the fruit is well cooked and bubbly and the topping is golden brown, for approximately 40 minutes.
5. Enjoy!



# The Bowman's Banana-Chocolate Custard Cake (stolen from the White House!)

Submitted by: Jerek B.

## Why does this recipe bring you comfort or hold meaning to you/your family?

In 2010, I had the pleasure of cooking for a major Toronto Hotel that was hosting the G20 delegations. This recipe was originally given to our pastry chef at the time, from a friend of his who happened to work at the White House. Needless to say, my mind was completely blown the first time I tried it. We happily served it as part of our dessert offerings to the leaders and it has since become our family go-to dessert indulgence. Enjoy!

## Ingredient List

- 200 grams unsalted butter
- 130 grams dark chocolate
- 100 grams ripe banana puree
- 3 large eggs
- 80 grams granulated sugar

## Instructions

Pre-preparation:

Preheat oven to 300 degrees Fahrenheit. Line a 6x8 inch bake pan with parchment paper. Set aside a 9x11inch bake pan for the Bain Marie.

Method:

- 1) Using a double boiler, melt the butter and chocolate completely
- 2) In a separate bowl, combine the remaining ingredients
- 3) Add the melted butter-chocolate mix into the bowl with the remaining ingredients and blend thoroughly, using a hand blender
- 4) Pour all of the mixture into the prepared 6x8inch bake pan and place that entire filled pan into a 9x11inch pan
- 5) Fill the 9x11inch pan halfway up with hot water and gently place into the oven
- 6) Bake for 25 to 30 minutes, until the centre appears to have stiffened up
- 7) Remove, and chill completely before serving
- 8) Enjoy!



NOTE: The photo above is from the hotel and how we presented it.



# Chunky Chicken Noodle Soup

Submitted by: Brenda S.

## Why does this recipe bring you comfort or hold meaning to you/your family?

Super easy and perfect for those extra cold days or when you don't feel well.

## Ingredient List

- 2 tbsp. vegetable oil
- 1 large onion, coarsely chopped
- 1 large leek, sliced
- 2 carrots, sliced
- 1 celery stalk, sliced
- 1 clove garlic, minced
- 3 cans (10 oz.) chicken broth
- 2 soup cans of water
- 1 small bay leaf
- ¼ tsp each dried thyme and rosemary
- 2 cups egg noodles
- 12 oz. boneless skinless chicken breasts or thighs, cut into small chunks
- ¼ cup fresh parsley, chopped (optional)
- Salt and pepper to taste

## Instructions

1. In a large heavy saucepan, heat oil over medium-high heat
2. Add onion, leek, carrots, celery and garlic; cook, stirring for 2-3 minutes, until slightly softened, but not browned
3. Add chicken broth, water, bay leaf, thyme and rosemary. Bring to a boil. Stir in noodles and chicken
4. Reduce heat, cover and simmer for about 10 minutes, or until noodles are tender and chicken is cooked through
5. Remove bay leaf. Stir in parsley (if using). Add salt and pepper to taste.



# Crockpot Coq au Vent

Submitted by: Heather T.

## Why does this recipe bring you comfort or hold meaning to you/your family?

For years, I would make a big batch of this while we went out skiing. Now, I make a much smaller, slightly skinnier version, for two. Leftovers taste even better the next day (often there aren't any!) and using legs and thighs makes it much more flavourful. Perfect to be eaten together while watching a Netflix movie on any COVID evening!

## Ingredient List

- 4 skinless chicken legs
- 4 skinless chicken thighs
- 4 cloves of garlic, smashed and coarsely chopped (sounds like a lot but trust me, it sweetens as it slowly cooks)
- 1 tbsp. of olive oil or canola oil
- 1 tsp of thyme
- 1 tsp of herbes de provence
- 4 strips of thick side bacon, in ½ inch slices
- 1 large sweet onion, peeled and coarsely chopped
- ½ pound of cremini or mini portabella mushrooms, brushed clean and halved
- 1 bottle of good red wine – Cabernet Sauvignon, Bordeaux or Malbec
- 1 baguette

## Instructions

1. Turn the crockpot on high
2. In a cast iron frying pan, heat 1 tbsp. of oil on high
3. Brown the legs and things well on each side and then place them into the crockpot
4. Turn the heat down on the frying pan to medium and add the bacon. Fry for 4-5 minutes until the bacon is cooked but not too crisp. Place them into the crockpot over the chicken
5. Add the chopped onions to the frying plan and cook for 3-4 minutes, stirring often. Add in the herbs at the very end. Add onion and herb mixture to the crockpot
6. Add the mushrooms to the drying plan and cook for 4-5 minutes (constantly stirring). Add them to the crockpot
7. Turn the heat up to high on the frying pan and pour in the bottle of wine. Scrape all the bits off the bottom of the pan until the wine is about half. Carefully add wine to the crockpot and give everything a good stir
8. Lower the crockpot temperature to low and cook for 5-6 hours
9. Serve in a bowl with a generous amount of parsley on top, with your warmed baguette

# Curried Red Lentil Soup

Submitted by: Georgia P.

## Why does this recipe bring you comfort or hold meaning to you/your family?

This soup is a hearty soul warming soup that is easy to make, uses real ingredients and is good for vegetarian, gluten free and dairy free diets.

## Ingredient List

- 2 Tbsp. olive oil
- 2 cups onion, diced
- 1 Tbsp. garlic, minced
- 1 cup celery, diced
- 1 ½ cups carrot, diced
- 2 cups sweet potato, diced
- 1 ½ cups red lentils, rinsed
- 1 Tbsp. curry powder
- 4 cups chicken broth
- 1 can coconut milk
- 3 big handfuls spinach
- ½ cup parsley, chopped
- Juice of ½ lemon
- Salt to taste

## Instructions

1. Sauté the onion and garlic in the olive oil until slightly translucent. Add celery, carrot, sweet potato and lentils. Stir thoroughly to combine
2. Add the curry powder and stir for one more minute
3. Stir in the broth and coconut milk and bring the pot to a boil, reduce the heat, cover and simmer for 30 minutes
4. Stir in the spinach, cover and simmer for 5 more minutes
5. Remove from heat, add the lemon juice, parsley and salt to taste
6. Stir thoroughly and serve

Serves 4-6 people





## Curried Snacks

Submitted by: Jacqueline S.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

This snack -- or, we confess, even a casual meal, with perhaps some soup -- is quick and easy yet tastes soooo good! Our family adopted the recipe from a fund-raising recipe book published by what was then Peterborough Civic Hospital.

### **Ingredient List**

- 6 English muffins, halved
- 1 cup chopped olives (this amount is for real olive-lovers; you might want to try a bit less to start off with)
- ½ cup of chopped onions
- 1 ½ cups of grated old cheddar cheese
- ½ cup of mayonnaise
- ½ tsp of curry powder (or less, according to taste)

### **Instructions**

1. Turn on oven and set to 400 degrees F
2. Mix all ingredients
3. Spread mix on top of English muffins halves
4. Bake for 15 minutes, until tops are golden

Mix will keep well in the refrigerator for several days (in closed container)

## Why does this recipe bring you comfort or hold meaning to you/your family?

I have been making these thin crêpes for years. My first taste of a French crêpe was when I was a teenager living in Ottawa. My friends and I would go downtown to the Crêpe Bretonne restaurant. That is when I fell in love with them and the rest is history as they say! Please note, you can make small ones to serve as a dessert and the crêpes freeze beautifully to make ahead. I lay wax paper or parchment paper between them before freezing.

## Ingredient List

- 1 cup all-purpose flour
- ¼ cup sugar
- pinch of salt
- 3 eggs, beaten
- 1 ½ cups milk
- 1 tbsp. butter or margarine, melted

## Instructions

1. In a medium or large bowl, combine dry ingredients
2. Mix eggs, milk and butter together. Make a well in center of dry ingredients and add wet mixture in center. Mix well with a whisk or an immersion (hand) blender to ensure all small lumps have dissolved. The batter will be runny. The batter can rest for 2 hours if you want but I never do! So you can make ahead for later if you wish
3. Spray a large skillet with Pam or oil to start. Heat pan to medium heat, then pour about ¾ cup of the batter and swirl pan to ensure batter is evenly distributed. This will come with a little practise and you can adjust accordingly
4. Wait about 3 minutes or so, checking for a golden colour and then flip over
5. Repeat step for the other side. They should be golden brown
6. Serve with a number of fillings such as a hazelnut spread with sliced bananas or strawberry, cottage and light sour cream mixture with berries, caramelized apples with shredded cheddar cheese, ratatouille, a drizzle of maple syrup, and Voilà! Enjoy!





# Dante's Savory Meatloaf

Submitted by: Eleisha A.

## Why does this recipe bring you comfort or hold meaning to you/your family?

This recipe holds a lot of joy, it was one of my first dishes I have made for my loving family. I took pride in the kitchen and experimented with ingredients and the outcome turned surprisingly delicious. This recipe is a warm hearty loaf that will leave you with wanting more. This dish is far from the typical cardboard flavored mystery meat that was traditionally on our table.

## Ingredient List

- 1 pound of ground beef
- 2 eggs
- 1/5 cup of fresh parsley
- 1 Tbsp. of oregano
- 2 Tbsps. of salt
- 2 Tbsps. of pepper
- 1 tsp. of chili flakes
- 1 Tbsp. of ground ginger
- 1 Tbsp. of garlic powder
- 1/5 cup of bread crumbs
- 1 onion
- 1/5 cup of ketchup

## Instructions

1. Preheat the oven to 350 degrees
2. Line a 9x5 pan with parchment paper
3. Place the ground beef into a large mixing bowl, followed by pouring each of the ingredients listed above
4. Dice the onion and parsley into fine amounts
5. Mix all of the ingredients until the ground beef is well blended
6. Gently place the ground beef into the pan. Please note: do not press the meat together as this will make the loaf dry and dense.
7. Open the oven and place on lower rack for approximately 50 minutes

Note: For an extra pop of sweetness, layer 3 table spoons of ketchup on top of the loaf approximately 40 minutes into cooking, place back in the oven for the remaining time.



# Dirty Philly Cheesesteak Sandwich

Submitted by: Heather T.

## Why does this recipe bring you comfort or hold meaning to you/your family?

This is a meal my whole family enjoys! It's a cold winter day meal to fill you up!

## Ingredient List

- 1 Philly cheesesteak package from M&M's Meat Shop
- 1 frozen garlic bread baguette
- 1 ½ cups mozzarella cheese grated
- 1 cooking onion diced
- 1 green pepper sliced
- ½ pack of sliced mushrooms
- HP sauce
- Heinz 57 sauce (or your favourite BBQ sauce)

## Instructions

1. Preheat oven to 350 degrees Fahrenheit
2. In a pan place frozen Philly cheesesteak meat, diced onion, mushroom and green pepper. As the meat heats up it will start to crumble. Cook until meat is browned
3. Add ¼ cup of HP sauce and ½ cup of Heinz 57 to the pan, reduce heat and warm sauce on low for approximately 5 minutes
4. Place garlic bread on a baking sheet. Try not to split the two pieces apart, try and keep them attached. Add a small amount of grated mozzarella cheese to the inside of the bread
5. Load contents of pan into the baguette. Add remaining mozzarella on top of the meat and veggie mixture
6. Bake in the oven for 20 minutes or until cheese at the top is golden brown
7. Remove baking sheet from the oven and slice into 4 portions
8. Enjoy!



## Easy Lasagna

Submitted by: Lisa P.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

My family loves lasagna and this is an easy take on the dish for a weeknight. This is one way we make it but it can be made with many other stuffing options.

### **Ingredient List**

- 4 Lasagna noodles, cooked al dente, drained and chilled
- 4 oz. Ricotta Cheese
- 4 cups Buffalo Chicken (recipe below)
- 4 tbsp. fresh chopped Parsley
- 12 slices sliced mozzarella
- 1 cup Alfredo sauce
- 4 tbsp. Buffalo wing sauce

### **Buffalo Chicken**

- 4 cups white meat chicken, cooked and shredded
- 6 cups Buffalo wing sauce
- Combine shredded chicken and Buffalo wing sauce in bowl and mix to evenly coat the chicken

### **Instructions**

1. Arrange 1 lasagna noodle on a flat work surface; spread 2 tbsp. of Ricotta cheese evenly over the length of the noodle. Top with buffalo chicken, 1 tsp. parsley and 2 slices mozzarella. Roll up tightly and arrange seam side down in an oiled baking dish. Repeat for each noodle
2. Pour Alfredo sauce over the stuffed lasagna noodles and place mozzarella on top
3. Bake at 400 degrees Fahrenheit for 5 minutes or until cheese is bubbly and melted
4. Remove from oven and drizzle 4 tbsps. Buffalo wing sauce over the lasagna and top with remaining fresh parsley

Makes 4 servings!



# Easy Macaroon

Submitted by: Christine V.

## Ingredient List

- 5 cups shredded or flakes of unsweetened coconut
- 1-2 tsp. of vanilla extract (optional )
- 1 can of sweetened condensed milk (15oz.)

## Instructions

1. Preheat oven to 375°F and line two cookie sheets with parchment paper
2. Place all the coconut into a large bowl
3. Stir vanilla with the milk and add to the bowl of coconut.
4. Mix well until all coconut is completely covered with the milk (the mixture will be very sticky)
5. Drop by tablespoon or small ice cream scoop on parchment paper about 1" apart (no need to worry about spreading)
6. Gently form into small peaks, the traditional Macaroon shape
7. Bake until tops are light brown approximately 10-15 min.
8. Remove from the oven and allow to cool
9. Store in an airtight container for 4 days. The macaroons can also be frozen for up to 3 months
10. Let them cool completely and store in an airtight container separating layers with parchment paper. Before serving, remove the cookies from the container and let them come to room temperature

NOTES: For chocolate macaroons sprinkle 1 tablespoon of cocoa over half of the amount and mix well. Use wet spoon or plastic glove to shape cookies.



# Easy Peasy Apple Cake

Submitted by: Katherine B.

## Why does this recipe bring you comfort or hold meaning to you/your family?

There's nothing more comforting than the smell of apples baking in the oven! This dish fills the house with the same smell of fresh-baked apple pie, but is completely different! Think apple pie meets apple pancake. This recipe is a favourite of ours and is one of the first desserts I ever made for my husband. It is one we still make often. The best part is this dessert is apple-heavy and batter-light so you can convince everyone it is healthy-ish.

## Ingredient List

- ½ cup all-purpose flour
- ¼ tsp salt
- 1 tsp baking powder
- 4 large apples (a mix of Granny Smith, Pink Lady, and/or Royal Gala work well)
- 2 tbsp. lemon juice
- ¼ cup sugar
- 1 tsp vanilla extract
- 2 large eggs
- ¼ cup milk
- 1 tbsp. butter for greasing
- 2 tbsp. melted butter
- ½ cup icing sugar

## Instructions

1. Preheat the oven to 400°F
2. Grease the bottom and sides of a 9-inch spring form pan with the one tablespoon of butter (cooking spray can be used instead)
3. In a bowl, mix the flour, baking powder, and salt together
4. Slice the apples as thin as possible. A mandolin works well if you have one. You can opt to peel the apples, but we leave the skin on.
5. Coat the apples with lemon juice to prevent browning
6. In a large bowl, mix together the eggs, sugar, and vanilla extract until light and fluffy
7. Mix the milk with the melted butter to help cool it
8. Mix the butter and milk into the wet ingredients
9. Slowly add in the dry ingredients to the wet batter a third at a time
10. Fold in the apple slices. Save around 20 slices of apple for the top of the cake

11. Pour the batter into the spring form pan
12. Top with the reserved apple slices
13. Bake for 30 to 35 minutes or until the cake is golden brown
14. Let the cake cool then remove it from the spring form pan and dust with icing sugar. At first it will look like everything is dusted, but eventually the moisture from the apples will make them stand out.
15. Serve as is or top with whipped cream or ice cream for even more of a comforting treat!





## Fall Harvest Soup

Submitted by: Greg M.

### Why does this recipe bring you comfort or hold meaning to you/your family?

When our two kids were younger, an apple picking excursion to Applewood Farm was a standing tradition each autumn. Their exuberance for picking apples meant we would always have more apples on hand than we needed, and this recipe evolved as a way to use a few, along with some seasonal vegetables. The soup became such a family favourite that we now prepare it throughout the fall and winter, and it always gives me fond memories of those days at the orchard.

### Ingredient List

- 2 tbsps. butter
- 1 tbsp. olive oil
- 1-2 tbsp. curry powder (a Caribbean style works nicely)
- 2 tbsps. of fresh grated ginger
- 1 large cooking onion, chopped
- 2 large carrots, peeled and diced
- 4 medium apples, cored, peeled and cubed
- One 3-4 lb butternut squash or pie pumpkin, peeled, de-seeded and cubed
- 1 litre chicken or vegetable stock
- Salt and pepper to taste

### Instructions

1. Peel and chop vegetables
2. Heat the butter and olive oil in a large pot over medium heat. Sauté the onions, carrots, ginger and curry powder until the onions are soft and translucent.
3. Add apples, squash, and stock
4. Cover the pot, raise to high heat and bring to a boil
5. Reduce heat to medium-low and simmer with the lid on until the squash and apples are soft
6. Puree in the pot with an immersion blender until smooth, or puree in batches in a blender
7. Season to taste with salt and pepper
8. This is a nice dinner with herb-crusted pork tenderloin or peameal bacon roast, with some crusty bread or buns for dipping
9. Enjoy!



# Five Ingredient Coconut Curry

Submitted by: Carolyn M.

## Why does this recipe bring you comfort or hold meaning to you/your family?

Completely plant-based, this meal can be made quickly with a few pantry staples and is very versatile in that you can substitute in any vegetables or spices you like. While the original recipe technically only has five ingredients, I've mentioned some extras I love that you can add in based on your family's preferences. Healthy yet comforting, it's inexpensive and great for when someone's sick or you're trying to stay cozy on a winter day. This was a favourite of mine when I was away at university and I've since brought it home to my parents, who love it!

## Ingredient List

- 1 can of coconut milk
- 3 tbsp. Thai red curry paste (can be found in the International section of the Grocery Store)
- 2 cups of cauliflower (or a vegetable of your choice)
- 1 can of chickpeas, rinsed and drained
- 1/2 tbsp. of corn starch pre-mixed in 2 tbsp. of cold water
- 1 medium diced onion (optional)
- 3 cloves garlic (optional)
- 1 tsp minced ginger or 1/2 tsp ground ginger (optional)
- 1 tbsp. curry powder (optional)
- 1 tsp cayenne (optional)
- 1 cup of your choice of frozen peas, carrots, spinach or kale (optional)

## Instructions

1. In a pot on medium heat, sauté your vegetables in a little bit of oil or water, starting with the onion and garlic if you're using it and if not, the cauliflower
2. After a few minutes, pour in the coconut milk and allow to simmer for 5 to 8 minutes. Veggies should soften a bit but not be mushy
3. Add in the red curry paste and mix until it combines with the coconut milk.
4. Add in your chickpeas and other optional vegetables
5. Add in optional spices if applicable
6. Bring to a slight boil and add in your cornstarch mixture. Boil for a minute, then reduce the heat to allow the liquid to thicken
7. Adjust seasonings to your liking, and serve it with a pita, over rice, on its own

This recipe was adapted from Pinch of Yum

## Why does this recipe bring you comfort or hold meaning to you/your family?

My mom gave me this recipe. It is easy to make and never disappoints. I usually serve with soup, stew or any meal. Excellent warm with butter. It is just one of many recipes we love.

## Ingredient List

- 1/3 cup of olive oil
- 1 ¾ cup of all purpose flour
- 2 tsp of baking powder
- ¾ tsp salt
- 1 cup of milk (or buttermilk)
- 1 cup of grated cheddar cheese
- ½ tsp garlic powder
- ½ tsp rosemary
- ½ tsp thyme
- ½ tsp oregano

## Instructions

1. Combine all ingredients in a large bowl
2. Batter should be slightly wet and easy to spoon
3. If necessary, add more milk for the right consistency
4. Spoon into greased muffin tins (until half full)
5. Bake at 325 degrees F for about 20-25 minutes

Serves 6



## Why does this recipe bring you comfort or hold meaning to you/your family?

This recipe was handed down to me from my Mom (although I'll never be able to make it as good as she does). This soup is a staple in our home, and is made yearly on Thanksgiving at our family cottage. It is typically the first course to a meal my Mom had spent days preparing for. My siblings and I ask for it every year, and I have now taken the recipe and made it for friends in times when they've needed comfort of their own. I promise you that this soup will not disappoint, and hope it brings you the same comfort it has brought to my family over the years.

## Ingredient List

- 2 tbsp butter
- 2 large leeks (white part) chopped
- 1 large onion, chopped
- 2 large potato, peeled and diced
- 2 cups diced peeled squash (butternut or buttercup)
- 1 cup diced carrots
- 1 tart apple, peeled and chopped
- 4 cups chicken stock
- ¼ tsp ground nutmeg
- ½ cup light cream or milk (optional)
- ¼ cup dry white wine (optional)
- Salt & Pepper



## Instructions

1. In a large, heavy saucepan over medium heat, melt butter. Add leeks and onion; cook, stirring often, until softened but not browned, about 10 minutes
2. Add potato, squash, carrots, apple and stock; bring to boil. Reduce heat; cover and simmer, stirring occasionally, until vegetables are soft, about 20 minutes
3. In blender or food processor, or with a hand blender, puree mixture until very smooth (blender gives smoothest consistency)
4. Return soup to saucepan. Stir in nutmeg, cream and wine. Season to taste with salt and pepper
5. Heat until piping hot; do not boil
6. For an added touch, garnish with any of these options: croutons, green onion, chives, sour cream/plain greek yoghurt and/or hot sauce

Yields approximately 6 servings. Recipe derived from Homemaker's Test Kitchen

# Hearty Turkey Chili

Submitted by: Lori P.

## Why does this recipe bring you comfort or hold meaning to you/your family?

So tasty! I don't like beans but this recipe is delicious! Substitute kidney beans for White cannellini beans and add carrots. Garlic bread on the side.

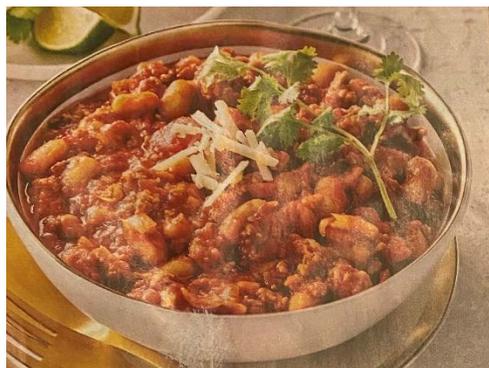
## Ingredient List

- 1 cup diced tomatoes
- 1 tbsp. minced garlic
- ¼ cup marinated roasted peppers
- 1 tbsp. olive oil
- 1 lb ground turkey
- 24 oz. marinara sauce
- 16 oz can kidney beans
- 1 tbsp. chili powder
- 2 cups chicken stock
- 1 tsp salt
- 1 tsp hot sauce, optional

## Instructions

1. In large skillet over medium heat, sauté onions, garlic and bell peppers in olive oil until onions are translucent
2. Add ground turkey to skillet and cook until browned
3. Add remaining ingredients including marinara sauce and stir
4. Let simmer for 1 hour on low heat, stirring occasionally

Yields approximately 4 servings. Recipe derived from Victoria White Linen





## Homemade Cheddar and Broccoli Soup

Submitted by: Ashley C.

### Why does this recipe bring you comfort or hold meaning to you/your family?

Many years ago while out as a family, we stumbled upon cheddar and broccoli soup. For years afterwards we would keep looking for places that made it because we instantly fell in love and the place where we had first tried it had gone out of business. Needless to say, eventually we gave up the search and I thought to myself that it couldn't be that hard to make. So I after researching a bunch of recipes online, combining a couple together and then tweaking the recipe each time I made it, this is final recipe our family has come to love! This soup is a huge hit in our house, my two year old LOVES it. I hope if you give it a try you too enjoy it just as much as our family does!!

### Ingredient List

- ½ cup and 1 tbsp. butter
- 1 medium sized onion, chopped
- ¼ cup and 2 tablespoons all-purpose flour
- 3 cups half-and-half
- 4 ½ cups chicken broth
- Salt and ground black pepper to taste
- 6 cups chopped broccoli
- ¾ of a 284 g bag of matchstick carrots (matchsticks cook better, regular cut carrots work too)
- 3 celery stalk, chopped
- 4 cups grated cheddar cheese

### Instructions

1. Melt butter in a stock pot over medium-high heat; add onion and sauté until tender, 3 to 4 minutes.
2. Whisk in flour and continue to stir until mixture turns golden brown. Slowly add half-and-half to onion mixture, stirring until mixture is smooth. Add chicken broth; season with salt and ground black pepper.
3. Reduce heat to medium-low and simmer mixture until thickened, about 10 minutes.
4. Add your carrots, celery and broccoli to a frying pan with a little bit of olive oil and cook until veggies are softened but still a little crunchy. Simmer until vegetables are tender yet crisp, about 20-30 minutes.
5. Reduce heat to low. Add cheddar cheese to soup stirring occasionally, until cheese melts, about 5 minutes.
6. Enjoy!

### Why does this recipe bring you comfort or hold meaning to you/your family?

Lamb is a unique protein for the everyday palate, either you hate it or love it. The reason people hate lamb is that it was never cooked properly or seasoned correctly.

### Ingredient List

- Lamb Racks Frenched
- 2 cups Panko bread crumbs
- 1 tbsp. of each herb (oregano, rosemary, basil, thyme, parsley)
- Salt and pepper
- Yellow mustard
- Olive oil

### Instructions

1. Take lamb rack out of the fridge at least 45 minutes prior to cooking
2. Set oven at 425 F with bottom rack ready to go
3. Combine in a bowl, 1 tablespoon of each herb and 2 cups of panko bread crumbs, drizzle some olive oil to turn into a slight paste
4. Salt and pepper the lamb rack on all sides very generously
5. Prepare a large frying pan that is oven safe
6. Sear the lamb rack on all sides – medium to high heat
7. Spread yellow mustard very generously on fat side only
8. Apply panko herb mix on the mustard side only (herb mix side facing up in pan)
9. Place pan in the oven for 15-20 minutes or until 140 F
10. Let rest for 8-10 minutes (145 F)

Cut into chops and enjoy with your favorite veggies and potatoes. Pair with your favorite medium body red wine.



# **Lasagna Soup**

Submitted by: Charlene G.

## **Why does this recipe bring you comfort or hold meaning to you/your family?**

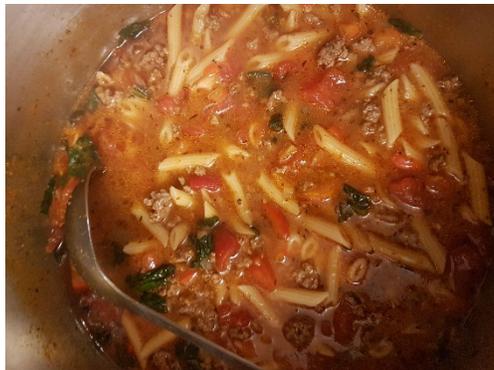
A simple hearty soup for a cold day!

### **Ingredient List**

- 1 lb extra lean ground beef
- ¼ cup onion chopped
- ¼ cup red pepper diced
- ¼ green pepper diced
- 1 box chicken broth, low sodium
- 1 can tomato soup
- 2 cups water
- 2 cloves garlic minced
- 1 ½ tsps. Italian seasoning
- ½ tsp black pepper
- 1 small can diced Italian tomatoes
- 2 cups broken lasagna noodles or short pasta
- Handful of chopped spinach (optional)

### **Instructions**

1. In a large Dutch oven, brown meat and then drain
2. Add onion and peppers and sauté until the onions are soft
3. Add broth, soup, water, garlic, seasonings, pepper and tomatoes
4. Heat to boil, stirring occasionally
5. Stir in pasta and reduce heat
6. Cover and cook at a gentle boil until pasta is tender about 15 minutes
7. Add spinach and let stand for a few minutes to cool
8. Top with cheese
9. Enjoy!





## Lentil Vegetable Soup

Submitted by: Erlinda B.

### Why does this recipe bring you comfort or hold meaning to you/your family?

My husband and I have this soup practically every day all year round. Yes, even in the summer. Ideal for people on low salt diet. Never get tired of it. It just warms you up especially on a cold winter days.

### Ingredient List

- 1 can (796 ml) canned stewed tomatoes
- 1 can (540 ml) canned green lentils
- 1 can (284 ml) canned mushrooms, stems and pieces
- 1 pouch (228 g) Lipton chicken or beef noodle soup—25% less salt
- ½ bag (of 750g) frozen mixed vegetables
- ½ bag (of 750g) frozen cut green beans
- 1 cup (no added salt) chicken or beef broth
- 1 cup diced chicken or beef
- 1 cup chopped celery
- ¼ cup chopped red onion
- 2 garlic cloves minced
- Pepper, chives and fresh parsley to your liking

### Instructions

1. In a big pot, mix all ingredients
2. Add water to desired consistency of your soup
3. Boil until the vegetables are cooked. Add celery and parsley last
4. Enjoy

PS. Leftovers can be frozen!

## Mom Sunnerton's Banana Muffins

Submitted by: Joanne D.

### Why does this recipe bring you comfort or hold meaning to you/your family?

I remember as a child my mom making these banana muffins. We all loved them, especially my father. They bring back special family memories. They are still my families favourite.

### Ingredient List

- 1 cup melted butter
- 1 cup white sugar
- 1 egg well beaten
- 3-4 very ripe mashed bananas
- 1 ½ cups flour
- ¾ tsp baking soda
- 1 tsp salt
- ½ tsp vanilla
- ½ - ¾ cup chocolate chips (optional)
- ½ cup chopped walnuts (optional)



### Instructions

1. Preheat oven to 375 degrees F
2. Spray 12 muffin tins
3. Melt butter
4. Mash Bananas
5. In a large bowl blend butter and sugar until well combined, beat in egg and vanilla until combined
6. In a separate bowl sift together flour, baking soda and salt
7. Blend flour mixture alternating with the banana into butter/sugar mixture until just blended
8. Add chocolate chips and walnuts , if using
9. Put into 12 muffin tins or 8-10 mini loaves pans
10. Cook 15-20 minutes in pre-heated oven on middle rack until toothpick inserted in center comes out clean
11. Leave in tin approximately 5 minutes then transfer to a wire rack to completely cool

ENJOY!



# Mom's Cheese Buns

Submitted by: Julie S.

## Why does this recipe bring you comfort or hold meaning to you/your family?

These cheese buns make an appearance at every holiday! My mom found this recipe in a 1985 Milk calendar but they have stood the test of time! She gets requests months in advance to bring these buns to family functions. They are light and fluffy with cheese laced throughout and the smallest bit of spice. The sesame seeds sprinkled over top form the nicest crunch, but be prepared to find seeds all over your kitchen if you make these! These buns pair well with any kind of meal and always remind me of spending time with family. You can't eat just one!

## Ingredient List

- 1 cup milk
- 1/3 cup cold butter, cut into bits
- ½ tsp salt
- 1 tsp dry mustard
- ¼ tsp black pepper
- Pinch of cayenne pepper
- 1 cup all purpose flour
- 4 eggs
- 1 tbsp. milk
- 1 cup Swiss or cheddar cheese, grated
- 3 tbsp. parmesan cheese, grated
- 2 tbsp. Sesame Seeds

## Instructions

1. Combine milk, butter, salt, mustard, pepper and cayenne in a medium sized saucepan. Bring it to a boil
2. Remove from heat; beat in flour all at once and stir until mixture forms a ball of dough. Return to medium heat; cook a few minutes longer, scraping mixture along the bottom of the pot to dry dough slightly
3. Transfer dough to a bowl; cool 5 minutes
4. Beat in three eggs, one at a time. Mixture will be slippery. Beat the fourth egg lightly and reserve 2 tbsp. egg with 1 tbsp. milk, to create an egg wash. Beat remaining egg into dough. Add both cheeses; combine well
5. Butter a cookie sheet; dust lightly with flour and trace out an 8 inch circle. Spoon batter in mounds around the outside edge of circle; mounds should barely touch each other. Brush tops with egg-milk mixture; sprinkle with sesame seeds.

6. Bake in a pre-heated oven at 425 degrees Fahrenheit for 10 minutes. Reduce heat to 350 degrees Fahrenheit; continue to bake 45 to 55 minutes longer or until biscuits are firm and golden. Serve warm.

Recipe Time: 1 hour, Makes 8 to 10 Biscuits

Recipe from the Milk Calendar, The Dairy Farmers of Canada 1985





## Mom's Tea Biscuits

Submitted by: Brenda S.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

My mother has been making these for over 65 years, perfect for eating with stews and soups.

### **Ingredient List**

- 2 cups flour
- 4 tsp baking powder
- ½ tsp salt
- 6 tbsp. butter
- 1 cup milk
- 1 cup grated cheddar

### **Instructions**

1. Sift and measure flour, and sift again with baking powder and salt into bowl.
2. Cut in butter with pastry blender or two knives until mixture resembles fine crumbs, stir in cheese
3. Pour milk into centre of mixture, stirring with fork until mixture leaves sides of bowl
4. Drop heaping tablespoons on a cookie sheet lined with parchment paper.
5. Bake on ungreased pan in hot oven, 400 degrees Fahrenheit to 450 degree Fahrenheit, for 10 to 15 minutes
6. Makes 10 to 12 biscuits, 2" in diameter
7. Enjoy!



## **Nacho Dip**

Submitted by: Beth B.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

My family requests this dip at all of our family gatherings. It's always a favourite.

### **Ingredient List**

- 16 oz (2 x 250g pkg) cream cheese
- 1 cup mayonnaise
- 16 oz taco sauce/salsa
- 1 green pepper
- 1 onion
- 1 tomato
- 224 g cheddar cheese - grated
- 224 g mozzarella cheese - grated
- Nacho chips

### **Instructions**

1. Mix cream cheese and mayonnaise
2. Spread into 2 x 12" pie plates or 9 x 13" lasagna dish
3. Spread taco sauce/salsa over top
4. Chop and mix green pepper, onion and tomato
5. Spread over top of taco sauce/salsa
6. Top with grated cheeses
7. Serve with nacho chips



# Nana's Pineapple & Ham Casserole

Submitted by: Julie S.

## Why does this recipe bring you comfort or hold meaning to you/your family?

This recipe has been in our family for a long time but I'm guessing my Nana found it through a recipe subscription or cookbook just after she was first married. Regardless, it's been a big comfort staple for us over the years. My Nana typically typed out her favourite recipes on cue cards with her typewriter. This copy of the recipe is a bit unique as it's handwritten and well worn! Typically this recipe gets made after Easter or Christmas with leftover ham. It is the perfect mix of sweet and savoury and leftovers never lasted long in our house!

## Ingredient List

- 2 cups egg noodles
- 3 tbsp. margarine or butter
- 3 tbsp. all purpose flour
- 1 cup whole milk
- ½ cup pineapple juice
- 1 cup pineapple chunks
- 1 ½ cup ham, cubed
- 1 tbsp. onions, minced, or chop up 1 small onion
- ½ cup sharp cheese, grated
- ¼ cup bread crumbs (butter bread before chopping up in a food processor)

## Instructions

1. Cook noodles 5 to 7 minutes
2. Melt margarine in saucepan and stir in flour gradually
3. Add milk and pineapple juice, stirring constantly until thickened
4. Add noodles, pineapple chunks, ham, minced onions and grated cheese. Blend well
5. Pour mixture into casserole dish and sprinkle with buttered bread crumbs
6. Bake in 350 degree Fahrenheit oven for 30 minutes



# Nancy's Yummy Crockpot Pot Roast with Onion Gravy

Submitted by: Nancy B.

## Why does this recipe bring you comfort or hold meaning to you/your family?

This is ultimate winter COVID comfort dinner, ready to eat when you are!

## Ingredient List

- 3 to 4 lbs of boneless beef cross-rib roast, trimmed of fat OR a 3 to 4 lbs boneless beef rump roast
- 2 large carrots, sliced not too thinly
- 2 onions, sliced
- 3 medium potatoes, sliced
- ½ tsp. salt
- ½ tsp pepper
- 1 tsp oregano
- 1 tsp dried thyme
- 3 garlic cloves, minced
- 2 tbsps. of balsamic vinegar
- 1 cup of barbeque sauce (smoked works good)
- ½ cup of water
- 2 tsp of canola oil

## Instructions

1. Sprinkle roast with salt & pepper. Heat oil in a large drying pan on medium-high heat. Brown roast on all sides, and set aside
2. In the same drying pan, cook the onions until softened. Add salt, pepper, oregano, thyme, garlic, vinegar and stir for about 1 minute
3. Add all liquids to the frying pan, scraping any brown bits from the bottom of the pan. Heat until boiling
4. Turn slow cooker on high and add carrots and potatoes so they line the side. Add the roast to the centre followed up the onions and broth
5. Cook on high for 1 hour, then on low for 7 hours
6. Transfer roast to a cutting board and cover with foil. Let stand for 10 minutes
7. Slice and serve with the veggies and lots of sauce (in a big bowl)
8. Will service at least 6-8 hungry diners

This recipe is a combination of two recipes, from the "Healthy Slow Cooker".

# OG Chocolate Chip Cookies

Submitted by: Taylor W.

## Why does this recipe bring you comfort or hold meaning to you/your family?

The smell of warm, chewy, chocolate chip cookies baking always makes people smile, and this classic family recipe is easy to follow, easy to bake, and easy to eat!!

## Ingredient List

- ½ cup brown sugar
- ¼ cup white sugar
- ½ cup softened butter
- 1 tsp. vanilla
- 1 egg
- 1 cup flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chocolate chips

## Instructions

1. In a large bowl or mixer, cream together butter, white sugar, and brown sugar
2. Add in the egg and vanilla and mix until combined
3. Add flour, baking soda, salt, and chocolate chips
4. Mix all together
5. Preheat the oven to 375 degrees Fahrenheit
6. Scoop onto cookie sheet and put into the freezer for 20 minutes (my secret!)
7. Remove from freezer and bake for 12 minutes
8. Let cool and enjoy!





## **Penne alla Vodka**

Submitted by: Franca D.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

When I used to make this recipe in the past, my children used to ask me if we were having company as they thought it was a fancy recipe. The truth is this takes about 20 minutes to make and has always been a crowd favorite with our family and friends!

### **Ingredient List**

- 1 - 2 tbsp. of olive oil
- 1 or 2 slices of bacon
- 1 small onion finely chopped
- 3 cloves of garlic crushed
- 2 cups whipping cream (you can use 10% cream for a lighter version)
- 1 can (5 ½ oz) tomato paste
- 1 tsp. salt
- ½ tsp. pepper
- ¼ cup vodka
- 1 pack (500 g) pasta
- ½ cup grated parmesan cheese

### **Instructions**

1. Heat oil over medium heat
2. Stir in bacon, onion & garlic
3. Cook until lightly browned
4. Stir in cream, tomato paste, salt, pepper and vodka
5. Simmer 10 minutes
6. Cook penne according to package
7. Stir in 1/4 cup of the parmesan cheese
8. Stir in penne, mix and top with remaining parmesan cheese
9. Serve immediately and enjoy!



# Portuguese Potatoes

Submitted by: Donna T.

## Why does this recipe bring you comfort or hold meaning to you/your family?

Potatoes and cheese. Great winter comfort food. Great side with baked ham.

## Ingredient List

- 3 pounds of small russet potatoes, finely sliced, a mandolin works best
- 1 tbsp. salt
- 2 large onions, thinly slice
- 4 cloves of garlic, diced
- 1 jar of roasted red peppers
- 3 tbsps. of olive oil
- 8 ounces of shredded cheddar cheese, or your favorite cheese
- Salt and pepper to taste

## Instructions

1. Cook the potatoes in boiling water with the salt for about 10 minutes, then drain and set aside  
Note: The potatoes are thin so they may cook faster. Don't over cook or they will fall apart
2. Cook the onions and garlic in a medium skillet with 2 tbsps. of the olive oil for about 5 minutes until translucent
3. Drain the roasted peppers from the jar and slice them into your desired size. Add them to the onions and garlic to heat them through
4. Grease a medium oven safe deep dish with the remaining olive oil. Begin layering first with half of the potatoes, then top evenly with half of the onion and pepper mixture and half of the cheese
5. Add salt and pepper between layers, if desired. Finish the remaining layer and top with the rest of the ingredients
6. Bake uncovered at 350 degrees for about 20 minutes until the cheese is melted and golden



## Rum Cake

Submitted by: Sylvia G.

### Why does this recipe bring you comfort or hold meaning to you/your family?

I am not a baker but this one recipe I am able to bake and it has always been a great success with my family and friends on special occasions.

### Ingredient List

- 1 cup chopped walnuts
- 1 18.5 oz yellow cake mix
- 4 eggs
- 1 cup dark rum
- ½ cup oil

#### GLAZE

- ¼ lb butter
- ¼ cup water
- 1 cup sugar
- ½ cup dark rum

### Instructions

1. Preheat oven to 325 F.
2. Grease and flour 10 inch tube
3. Sprinkle nuts over bottom of pan
4. Mix all cake ingredients together
5. Pour batter over nuts
6. Bake 1 hour
7. Cool, invert on serving plate

#### GLAZE

1. Melt butter in saucepan
2. Stir in water and sugar
3. Boil 5 minutes, stirring constantly
4. Remove from heat, stir in rum

Prick cake, spoon glaze over top and sides. Allow cake to absorb the glaze. Repeat until glaze is used up.



# Sausage Savory with Noodles

Submitted by: Deb R.

## Ingredient List

- 1 lb. tube frozen sausage meat, thawed
- ½ cup diced celery
- 1 cup diced onion
- 1 cup diced green pepper
- 6 oz. (or 170 grams ) noodles, cooked (egg noodles or No Yolk noodles )
- 2 cups canned tomatoes
- 1 cup grated cheddar cheese
- ½ tsp salt
- Pepper to your liking

## Instructions

1. Slice sausage into 6 or 8 patties and brown in a pan
2. Arrange over celery, onions, green pepper and tomatoes
3. Cover and bake at 350 degrees Fahrenheit for 1 hour
4. Remove from heat and add cheese, salt and pepper
5. Add noodles and return to oven (covered) for ½ an hour

# Spice Raisin Cookies

Submitted by: Carole H.

## Why does this recipe bring you comfort or hold meaning to you/your family?

They're easy to make and are tasty!

## Ingredient List

- 1 spice cake mix
- 2 cups rolled oats
- 2 eggs
- $\frac{3}{4}$  cup vegetable oil
- 2 cups raisins
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{2}$  cup milk

## Instructions

1. Mix all of the ingredients together
2. Place a spoonful of the mixture on parchment paper on top of a baking tray
3. Bake 325 degree Fahrenheit for ten minutes until golden brown
4. Enjoy!





# Spicy Italian Sausage Soup

Submitted by: Jannette D.

## Why does this recipe bring you comfort or hold meaning to you/your family?

It's my husbands favourite. Soup is the ultimate comfort food.

## Ingredient List

- 1 pk of spicy Italian sausage, taken out of casings and torn
- 2 garlic cloves, minced
- Chili flakes to taste
- 1 litre of beef broth
- 1 540 mL can Italian style stewed tomatoes
- 1 cup sliced carrots
- 1 540 ml can of Navy beans with liquid, not drained
- 2 small zucchini, cubed small
- 2 cups of spinach packed, rinsed and torn
- Salt and pepper to taste

## Instructions

1. Brown sausage , chili flakes and garlic. Add broth, tomatoes and carrots. Cook for 15 min
2. Add beans and zucchini and cook until tender, 15 min
3. Remove from heat and add spinach. Replace lid for 5 minutes.
4. Season with salt and pepper



# Sweet Potato Vegetarian Chili

Submitted by: Beth B.

## Why does this recipe bring you comfort or hold meaning to you/your family?

I am not a vegetarian, nor am I a big fan of sweet potato but this recipe is one of my favourites. It is delicious! The flavours are amazing!

## Ingredient List

- 2 tbsp. vegetable oil
- 1 large onion, chopped
- 1 green bell pepper, seeded and chopped
- 8 garlic cloves, thinly sliced
- 1 tbsp. cumin seeds
- 1 tbsp. chili powder
- 1 tbsp. dried oregano
- 2 cups fresh or frozen corn
- 1 can (14 oz.) black beans, rinsed and drained
- 1 can (14 oz.) kidney beans, rinsed and drained
- 1 can (28 oz.) diced tomatoes
- 1 sweet potato, peeled and finely diced
- 1 tbsp. chopped canned chipotle chilies in adobo sauce
- sprinkle of salt
- 1 cup of cilantro sprigs
- 2 green onions, thinly sliced

## Cinnamon Sour Cream

- ½ cup sour cream
- 1 tsp cinnamon

## Instructions

1. Heat the oil in a soup pot over medium-high heat. Toss in the onions and green peppers and sauté, stirring frequently until the vegetables begin to brown, 6 or 8 minutes. Stir in the garlic, cumin seeds, chili powder and oregano. Reduce the heat to medium and cook, stirring, until the spices are very fragrant, another 2 minutes or so
2. Stir in the corn, black beans and kidney beans. Add the canned tomatoes, sweet potato and chipotle chilies. Bring to a boil, then reduce the heat so the liquid is

just barely simmering. Simmer, stirring frequently, until the sweet potatoes are tender and the chili begins to thicken, 20 to 25 minutes

3. Meanwhile, stir together the sour cream and cinnamon. Just before serving, season the chili to your taste with salt. Ladle into serving bowls and top with the sour cream and a tangle of cilantro and green onions
4. Enjoy!

## Tomato Soup

Submitted by: Hillary S.

### Why does this recipe bring you comfort or hold meaning to you/your family?

Every year I can tomatoes to capture the taste of summer. This creamy soup hits the spot in the middle of February. This certainly is a family favourite!

### Ingredient List

- 6 tablespoons unsalted butter
- 2 medium yellow onions, chopped
- 2 cloves garlic, chopped
- 24 ounces canned whole plum tomatoes
- 3 cups homemade or low-sodium store-bought chicken stock
- 2 teaspoons sea salt
- ¼ teaspoon freshly ground black pepper

### Instructions

1. Melt butter in a large saucepan over medium-low heat. Add onion and garlic; cook, stirring, until onions have softened, about 15 minutes
2. Add tomatoes, chicken stock, salt, and pepper; bring to a boil. Reduce heat to low and cook until tomatoes, onions, and garlic are soft, 10 to 20 minutes
3. Working in batches, transfer soup to the jar of a blender and puree until smooth. Return to saucepan and place over medium heat. Cook until soup is heated through. If soup seems too thick, stir in some extra stock to thin. Serve immediately

Courtesy of Martha Stewart





# Tuna-Macaroni Deluxe Casserole

Submitted by: Deb R.

## Ingredient List

- 1 cup dry elbow macaroni
- 4 tbsp. margarine
- 1 cup day old white bread crumbs
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 can condensed cream of celery soup, undiluted
- 1 cup milk
- 1 cup sharp cheddar cheese, grated
- 1 tsp Worcestershire sauce
- 2 cans chunk- style tuna, undrained (it is also very delicious with cubed cooked ham instead of tuna)

## Instructions

1. Preheat oven to 375 degrees F
2. Cook macaroni according to package directions
3. Drain macaroni and put into a 2 quart casserole dish
4. Melt margarine in a skillet
5. Remove 2 tbsp. and toss it in with the bread, set aside
6. Sauté onion and green pepper in melted margarine until tender, about 5 minutes
7. Remove from heat and stir in soup, milk, cheese and Worcestershire sauce, mix well, until blended
8. Add tuna (or ham if using)
9. Pour over macaroni and mix gently
10. Sprinkle prepared bread crumbs over top
11. Bake uncovered for about 30 minutes or until bubbly and golden



## Turnip Puff

Submitted by: Marie L.

### **Why does this recipe bring you comfort or hold meaning to you/your family?**

Turnip was always included in our large family dinners with my grandparents and carried on by my mother. Some people are not fond of turnip, but I learned to love it as made by my grandmother and mother. It always brings fond memories of those long gone.

### **Ingredient List**

- 4 cups hot mashed turnips
- 4 tbsp. butter
- 2 eggs
- 3 tbsp. all purpose flour
- 3 tbsp. brown sugar
- 1 tsp. baking powder
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  cup dry breadcrumbs

### **Instructions**

1. Peel turnip and chop into small pieces, and boil in large saucepan with water until very soft
2. Mash down manually, then spoon the turnip while hot, into large bowl and mix with electric mixer
3. Add 2 tbsp. butter, eggs, flour, brown sugar, baking powder and salt, and mix until well blended
4. Place mixture into a buttered casserole dish
5. Melt the remaining 2 tbsp. of butter and add breadcrumbs to form a crumbly mixture. Spread over the top of the turnip casserole
6. Bake in preheated oven at 350 degrees Fahrenheit for 45 minutes until lightly browned
7. The nice thing about this recipe is that it can be made the day ahead, and re-heated in the microwave. Saves on oven space when you have a big gang over!